

Dementia Carers Zoom Forum

3rd June 2020



1	Present
	<p>Carers 4</p> <p>Carers in Herts Sally Stratford – Involvement and Development Worker Dementia Vicky Kelly – Hertswise Carers Development Officer</p>
2	Welcome
	<p>This was our first Zoom Dementia Forum that we held, during the COVID -19 situation. All carers were welcomed and explained that it was very relaxed session. The session would be about getting to know each other and the different caring roles, explanation of how forums normally work and a discussion around what topics would be helpful to discuss in future sessions.</p>
3	Carers
	<p>There were a variety of caring roles in the group, at different stages. Most were looking after their partner at home, one was caring for her mother who lives independently and one carer's partner is in a nursing home. During the discussions it came to light that carers were still lacking information about services and support available in Hertfordshire post diagnostic, mainly due to being under a London hospital. The group also didn't know what was available to access online/virtually during COVID 19 including music sessions, activities to stimulate the person with Dementia etc. The following information was discussed (links are included):</p> <p>Hertswise – community support for people with dementia and their carers. They provide 1:1 support, hubs and carer support groups. These are all running virtually at present but they are taking new referrals.</p> <p>https://hertswise.org.uk/</p> <p>Alzheimer's Society – Alzheimer's Society are working together across the county to provide welfare calls to anyone who may need help and advice. The Dementia Support Team can provide emotional support and practical tips and advice. The team can keep in touch at an interval that suits your needs. The telephone number for the Herts team is 01707 378365 and is open Monday to Friday 9am to 5pm or email central.herts@alzheimers.org.uk</p> <p>Those that have recently had a diagnosis through the Memory Service and any new referrals will also receive a post diagnostic support call to establish how the charity can help during this time.</p> <p>Nationally, the Alzheimer's Society are offering a new service "Companion Calls". If anyone would like a social call from a friendly voice at the end of the phone, there are teams of volunteers and staff making these calls. Please get in touch with the Dementia Support Team to arrange.</p> <p>The charity is also able to offer support with accessing national services, activity packs and support for those who's loved ones are in a care home. Please do get in touch for help.</p>

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The Society's National Dementia Connect Support Line can also offer personalised information and is available on 0333 150 3456. There is also an online forum for people to discuss their Dementia-related issues called Talking Point that is available at <https://forum.alzheimers.org.uk/>

Admiral Nurse service – Admiral nurses are specialist mental health nurses that support the carer and family when they are at risk of crisis. The service is bestoke to meet the carers needs and varies from carer to carer. They can support with emotional and practical issues, working closely with other professionals including the Older people mental health team and GP's. If you feel you would benefit from support from our Admiral Nurses, that we host in partnership with Dementia UK, please call 0300 123 4044 or call Carers in Hertfordshire 01992 58 69 69.

Age UK Hertfordshire – they have a number of services that could be helpful to you including their information and support line, keeping in touch.

<https://www.ageuk.org.uk/hertfordshire/>

Music groups:

<https://www.music24.org.uk/musicalherts>

<http://www.hertsmusicalmemories.org.uk/about.html>

Hertfordshire Partnership NHS Foundation Trust: Diagnostic and community support for people with Dementia.

<https://www.hpft.nhs.uk/services/older-peoples-mental-health-services/>

Carers in Hertfordshire: we have Carers Support Advisers who can support, advise and refer you to services, course, mentors, and much more please look at our website or call for more information/support.

<https://www.carersinherts.org.uk/>

4 Future Zoom forum topics:

The group thought these would be helpful Topics:

- Admiral Nurse
- Alzheimer's Society
- Telecare
- Commissioner – discuss what carers need now coming out of COVID lockdown

5 Current difficulties carers are experiencing:

- Lack of stimulation for the person with dementia leading to a deterioration in their condition
- Unable to visit the care/nursing homes – very traumatic for the carer
- Unable to access other health services during COVID eg bladder and bowel treatment

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	<ul style="list-style-type: none">• Carers breaks – no time away from the person with dementia 24/7 is very intense.
6	Questions to discuss at the next session:
	<ol style="list-style-type: none">1. What services have been supporting you well during COVID isolation?2. What services would have been helpful during this time?3. What do you need now to help you with your caring role after 12 weeks in isolation?4. What would you need to help you in your caring role and will be important to you during the months ahead whilst we try and come out of the COVID lockdown?
7	Closing comments and information
	<p>Carers were thanked for attending and invited to the next session on Tuesday 9th June 2.30-3.30pm.</p> <p>Sally Stratford know on 01992 58 69 69 or sally.stratford@carersinherts.org.uk</p>

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